

|           | Monday  | Tuesday | Wednesday   | Thursday | Friday  | Saturday   | Sunday  |
|-----------|---|---------|---|----------|---|--|---|
| Morning   |   |         | Summer Bootcamp (Outdoor)<br>6:00 - 7:00 a.m.                   |          |   |  |   |
|           | Muscle Works Fat Burning (Studio)<br>9:00-10:15 a.m.      |         | Spin and Strength+ (Studio)<br>9:00-10:00 a.m.                  |          | Total Body Conditioning (Studio)<br>9:00-10:00 a.m. |  |   |
| Afternoon |   |         | Summer Bootcamp (Outdoor)<br>9:00 - 10:00 a.m.                  |          |   |  |   |
|           |   |         |   |          |   | Adult Orientation (Fitness Center)<br>1:00-2:00 p.m. | Youth Drop-In Fitness (Fitness Center/Studio)<br>2:00-3:00 p.m. |
|           | Jr. Certification Test (Fitness Office)<br>4:15-4:45 p.m. |         |   |          | Jr. Orientation (Fitness Office)<br>4:15-5:15 p.m.  |  |   |
| Evening   |   |         | Summer Bootcamp (Outdoor)<br>6:00 - 7:00 p.m.                   |          |   |  |   |
|           |   |         |   |          |   |  |   |
|           |   |         | Youth Drop-In Fitness (Fitness Center/Studio)<br>8:00-9:00 p.m. |          |   |  |   |

-  **Registered Classes**  
Drop-ins are welcome if the class is running and registration is not full
-  **Monthly Fitness Pass Classes**  
Monthly charge billed continuously until you cancel  
Drop-ins are welcome
-  **Classes not running**  
Registration for all classes is online through

Classes in **RED** are full

No drop in available for Group PT Programs

The + symbol denotes a class with a limited number of bikes - reserve yours at the fitness office with a spin bike tag